S.F.T.S. LIBRARY

Vol. XV, No. 12 DECEMBER, 1955 Edited by Paul Popenoe

Personality and its Improvement

The science of psychology "has been far more successful on the negative than on the positive side," says psychologist A. H. Maslow. It has revealed to us much about man's shortcomings, his illnesses, his sins, but little about his potentialities, his virtues, his achievable aspirations or his full psychological height." He has attempted to correct this unbalanced picture, in a new book on *Motivation and Personality,* by describing what he considers to be the 'normal' personality, and then discussing ways in which men and women can be helped to achieve it.

Human nature has certain needs, he points out. These can be arranged roughly in a hierarchy, the lower ones being oldest in evolution and earliest to appear in the individual's life. We share the need for food with every living thing. The higher the need, the more specifically human it is. As a lower need is satisfied, the next one above it tends to put in an appearance. It is important that the individual and his teachers should understand human nature from this point of view, and not stop too soon.

When the healthy organism is need-gratified, it is released for self-actualization. This concept of SA is one on which he lays great stress. It is admittedly a difficult syndrome to describe accurately, but in a general way it relates to the full use and exploitation of talents, capacities, and potentialities. Such a person is fulfilling himself,—he is doing the best that he is capable of doing.

Not many can claim such attainment! As a rough method of studying it, Dr. Maslow (Brandeis University, Waltham, Mass.) took the best 1% of several thousand students, together with a selection of eminent persons, living or dead. "All subjects felt safe and unanxious, accepted, loved and loving, respectworthy and respected." They had to be chosen on the basis of their life histories. A Rorschach test helped to reveal hidden pathology, but it was unable to identify healthy people,—another illustration of the prevailing weakness of psychology which the author continually illustrates.

There is no doubt that this healthy personality is developed primarily in the atmosphere of good family life. With such an understanding the watchwords of the old regime, — discipline, control, suppression, — must give place to spontaneity, release, naturalness, self-acceptance, impulse-awareness, gratification, permissiveness. The detailed description of the behavior of people selected as

GRADUATE THEOLOGICAL UNION LIBRARY
BERKELEY, CA 94709

FAMILY LIFE
Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, California
Price $1 a year, 10c a copy.

"healthy" is full of significance.

Their love-life, for example, deserves study. Dr. Maslow ridicules psychological textbooks, in almost none of which does the word Love even appear in the index; and he says this is equally true of most books on marriage and family life! His extensive discussion of love can only be indicated here. It will repay careful study. "Healthy love is in part an absence of defenses, that is to say, an increase in spontaneity and in honesty." Such ideas as "the battle of the sexes" or even of the "opposite sex" are peculiar to neurotics; they are not found among self-actualizing people. Sex is integrated with the whole personality: "We can not go so far as some who say that any person who is capable of having sexual pleasure where there is no love must be a sick man. But we can certainly go in this direction."

Confining itself to a study of the sick rather than of the healthy mind, psychology has missed all this—and more. "No textbooks have chapters on fun and gaiety, on leisure and meditation, on loafing and puttering, on aimless, useless, purposeless activity, on the esthetic creation or experience, on unmotivated activity. That is to say, American psychology is busily occupying itself with only half of life to the neglect of the other—and perhaps more important—half!" He mentions innumerable points on which study is now refused but richly deserved, an appendix continuing these fruitful suggestions.

If motivation is associated with need-gratification, then it requires not only better-informed education in childhood, and cultural changes, but also effective counseling or psychotherapy and here again he feels that psychologists have been hopelessly inadequate, because of their dependency on psychiatry: "It was from the study of neurotics and other *sick* people that we learned most of what we know about personality and motivation." We need to recognize that Life itself is therapeutic: "A good marriage, success in a suitable job, developing good friendships, having children, facing emergencies and overcoming difficulties— I have occasionally seen all of these produce deep character changes, get rid of symptoms, etc., without the help of a technical therapist. As a matter of fact, a case could be made for the thesis that good life circumstances are among the *ultimate* therapeutic agents and that technical psychotherapy often has the task only of enabling the individual to take advantage of them."

The vast majority of persons who would be said to need therapy are treated by "people who were never trained to be therapists or were inadequately trained." They get results in many cases—and psychiatrists often fail. How can such results be explained? "The willingness to listen, the lack of scolding, the encouragement of frankness, the acceptance and approval even after sinful revelations, gentleness and kindness, the feeling given to the patient of having someone on his side, all these (in addition to other factors) help to produce in the patient the unconscious realization of being liked, protected, and respected. As has been pointed out already, these are all gratifications of basic needs . . . they are the basic therapeutic medicines, namely, the

giving of safety, love, belongingness, feeling of worth, and self-esteem."

"It must by now be clear that the personality or character structure of the therapist is, if not all-important, certainly one of the crucial considerations. He must be an individual who can enter easily into the ideally good relationship that is psychotherapy. Furthermore, he must be able to do this with many different kinds of people or even with all human beings. He must be warm and sympathetic, and he must be sure enough of himself to be able to give respect to other human beings. He ought to be an essentially democratic person, in the psychological sense that he looks on other human beings with essential respect simply because they are human and unique. In a word, he should be emotionally secure and he should have healthy self-esteem. In addition his life situation ought *ideally* to be so good that he is not absorbed with his own problems. He should be happily married, have good friends, like life, and generally he ought to be having a good time." Obviously, graduate degrees and memberships in scientific societies are no evidence of such qualifications. "It must be our clear conviction that not only is every good human being potentially an unconscious therapist, but also we must accept the conclusion that we should approve of this, encourage it, teach it . . . Human beings have always gone for advice and help to those whom they loved and respected . . . Certainly we need not be afraid as professionals of putting into the hands of amateurs these important psychotherapeutic tools: love for other human beings and respect for other human beings." But of course there will still be need for highly trained specialists to begin where these others stop.

The specialists won't make satisfactory progress, however, until they get a new orientation, in Dr. Maslow's opinion. "As things stand now in psychology, the science as a whole too often pursues limited or trivial goals with limited methods and techniques and under the guidance of limited vocabulary and concepts."

"The key concepts in the newer dynamic pyschology are spontaneity, release, naturalness, self-acceptance, impulse-awareness, gratification. They *used* to be control, inhibition, discipline, training, shaping, on the principle that the depths of human nature were dangerous, evil, predatory, and ravenous. Education, family training, bringing up children, acculturation in general were all seen as a process of bringing the darker forces within us under control.

"See how different are the conceptions of society, law, education, and family that are generated by these two different conceptions of human nature. In the one case they are restraining and controlling forces; in the other they are gratifying and fulfilling."

"A wholly proper part of the study of psychotherapy is examination of the everyday miracles produced by good marriages, good friendships, good parents, good teachers, etc. . . . If one is preoccupied with the insane, the neurotic, the psychopath, the criminal, the delinquent, the feebleminded, one's hopes for the human species become perforce more and more modest, more and more realistic, more and more scaled down. One expects less and less from people.

"From dreams of peace, affection, and brotherhood, we retreat until life's ambition becomes getting good beds for the poor schizophrenics, or training 100

more psychologists per year, or instituting better vocational guidance systems at the state penitentiary. The exclusive study of our failures and breakdowns will hardly breed inspiration, hopefulness, and optimistic ambitions in either the layman or the scientist."

(MOTIVATION AND PERSONALITY, by A. H. Maslow. Pp. 410, price $4.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.)

●

Keep That Husband Alive!

Wives should make greater effort to keep their husbands alive, a life insurance institute urged. Three out of four wives will eventually be left widows, and they ought to try to postpone this bereavement as long as possible. The Insurance Institute, meeting in Rome, admitted that it was by no means disinterested in this recommendation — it loses money when a policy-holder dies. But it believed wives should not be disinterested, either, and it laid down five rules for them:

1. Keep your husband slender. If your husband begins to put on weight (as most men do after marriage), change his diet.

2. See that he gets plenty of sleep.

3. Help him to get adequate and appropriate recreation and relaxation.

4. Give him affection. Lives of city dwellers nowadays are shortened by the strain of competitive business with its anxieties, fears, and conflicts. Men can support this best if they can look ahead to a return home, at the end of the day, and know that they will find at home "an atmosphere of perfumed tenderness."

5. They closed on a different note: don't trust what a husband tells you about his own feelings or health. Men don't like to admit any lack of strength, vitality, or vigor; they think such an admission would be unmanly. The perceptive wife will be guided by her own observation and judgment.

●

Inexpensive Pamphlets

FILM DISCUSSION GUIDE, price 25c from Oregon Coordinating Council on Social Hygiene and Family Life, c/o E. C. Brown Trust, 220 SW Alder st., Portland 4, Ore. Important and helpful outline for leaders showing 31 well-known educational films. This appears as No. 1, Vol. IV (Sept., 1955) of The Coordinator, edited by Curtis E. Avery and Theodore B. Johannis Jr., which is now issued as a quarterly (membership and subscription $2 per year.)

GOALS AND TECHNIQUES IN PARENT EDUCATION, price 15c from Child Study Assn. of America, 132 E. 74th st., New York 21, N.Y.

IT'S HIGH TIME, pp. 40, price 50c from Natl. Education Assn., 1201 Sixteenth st., N.W., Washington 6, D.C.— Intended for parents of teen-agers this pamphlet describes high school life helpfully. It also gives many suggestions for handling adolescents.

ARE YOU FALLING IN LOVE WITH A ROMAN CATHOLIC? by Harry H. Kruener. Pp. 8, price 40c a dozen from Whittemore Associates, Ashburton Place, Boston 8, Mas.

WHAT EVERY PARENT SHOULD KNOW WHEN A BOY OR GIRL WANTS A GUN, p. 14, free on request to Sportsmen's Service Bureau, 250 E. 43d st., New York 17, N.Y.

WHAT TO EAT AND WHY, pp. 24, free on request to Health Education Service, John Hancock Mutual Life Insurance Co., 200 Berkeley st., Boston 17, Mass.

YOU AND YOUR CHILD, set of three helpful folders dealing with (1) getting

sick, (2) going to the hospital, and (3) getting well. Price 10c per set from Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.

THE ART OF HAPPINESS, 15 pages of cartoons, price 10c from Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.

●

Research Notes

CHILDHOOD EXPERIENCES with "adult sexual deviates" are common but usually not very damaging, reports sociologist Judson T. Landis, who queried 1800 college students. One-third of them had one such experience, many had had several. Four out of five experiences of the girls had been with exhibitionists. "In general," concludes Dr. Landis (University of California at Berkeley) "the great majority of the victims seem to recover quickly and to gain few permanently wrong attitudes from the experience . . . Attitudes toward sex were more affected in both boys and girls who knew the offender than in those who did not know the offender." (*Research Studies* of the State College of Washington, March, 1955.)

A HUSBAND'S THREAT to leave her and the adequacy of her husband seem to be part of the cause of a woman's developing a phobia, but they do not seem to be generally important in anxiety neurosis or conversion hysteria, according to a study of how phobias develop in married people by A. Stanley Webster. (*Psychological Monographs,* 1953, No. 367.)

BRIDE of a man with $4,000 a year income presents him with an annual tax saving of $172 a year, according to current calculations. If he is making $6,000 a year, it will be worth $252 a year to him to take a wife.

LEFT HANDEDNESS is definitely influenced by heredity, says the Swedish psychologist Arne Trankell after a critical review of three American studies. A dominant gene conditions right-handed behavior, while its absence leads to left-handedness. Environmental and other influences produce irregularities in the expression of the hereditary tendency. (*American Journal of Human Genetics,* Sept., 1955.)

PROGNOSIS for patients hospitalized for mental disorders is illustrated by a study at the Warren (Pa.) State Hospital, of cases admitted during the period 1946-50. After three years three-fifths had been released, either as a first direct discharge or to convalescent care; one-fourth had died in the hospital; the remainder were still in the hospital.

KWASHIORKOR is a common disease of malnutrition among children from one to four years of age, in many parts of Africa. In at least half of all cases it is emotional in origin and results from separation of the child from the mother, according to a survey published by Dr. Geber in the bulletin of WHO.

MEDIAN FAMILY INCOME in the U.S. was estimated at $4,200 in 1954 by the Director of the Census. About 16 million families received incomes of $5,000 or more while eight million had incomes under $2,000.

DIVORCES have remained at an almost constant level since 1950, the National Office of Vital Statistics observes.

EARNINGS provide total income of 40% of all persons over 65. Nearly one million others are benefiting from retirement pensions established by their employers. Payments under social security now go to five million people.

Educational Notes

AMOUNT OF SYPHILIS discovered last year among teen-agers was a shocking surprise to many parents and educators. Columbia University Press has just released a motion picture, *The Invader,* to help health departments and others meet this problem. Deaths from syphilis increased last year in 20 states, and more than one-half of all reported cases are among teen-agers or those just out of their teens.

ALCOHOLISM is the title of a film just released by Encyclopedia Brittanica Films (1125 Central ave., Wilmette, Ill.) for use in high schools and colleges. It portrays alcoholism as a mental health problem and as an illness which can respond to treatment.

SEX EDUCATION is most laggard in the New England states, according to a survey by Lester A. Kirkendall and Ruth Osborne, published in the *Journal of Family Welfare* (Bombay, India.) The big obstacle to more rapid progress everywhere is the difficulty of securing properly qualified teachers.

SENIOR CITIZENS OF AMERICA, have a new address: 1129 Vermont ave., N.W., Washington 5, D.C. Their monthly bulletin, *Senior Citizen,* is the best medium of information for the general public, on the years after 40.

ORGONOMIC MEDICINE is a new semi-annual journal published by the American Assn. for Medical Orgonomy and embodying the highly controversial views of pioneer psychoanalyst Wilhelm Reich. Address is Old Chelsea Station, P. O. Box 215, New York 11, N.Y. "Its foundation rests on the orgasm theory, the understanding of orgone energy and DOR." Among the Association's principles: "It believes in the right to love, . . . It is aware of the adolescent problem and means to face it, to fight for the rights of adolescents to natural self-expression, . . . It is concerned over the stifling of infants and children, . . . It is opposed to all mutilating practices even those under the guise of medical necessity such as lobotomy and circumcision, . . . It means to fight the emotional plague wherever it is found."

Around the World

INTERNATIONAL JOURNAL OF SEXOLOGY will resume publication in January as a substantial volume issued twice a year. This is the successor to *Marriage Hygiene,* which was founded in 1934. Editor is the famous specialist, Dr. A. P. Pillay, Whiteway Bldg., Bombay 1, India, particularly interested to hear from persons in North America who may wish to be either subscribers or contributors.

NATIONAL CONGRESS of the Federation of French Families, held in Lyon, Nov. 11-13, devoted its attention to problems of adolescence, one of which was "the awakening of the heart."

JUVENILE DELINQUENCY is rare in West Germany, according to Frau Luise Margaret Koelmel, president of the Land-wide Parent Teacher Association, Stuttgart. "Strong family ties usually prevent children from getting too far out of line, and society expects the individual family to see that children behave." Father is theoretically the "boss," but the real head of the family is usually the mother, she asserted in an address to the National P.T.A. Conference in Chicago.

REDUCTION of juvenile delinquency must depend largely on the reduction of divorce through creation of more marriage counseling centers and extension of parent education in Europe. Such is the conclusion of a general survey in nine European countries, published in *Jugendwohl* (Freiburg, Germany.)

NEW BOOKS IN BRIEF REVIEW

YOUR MARRIAGE, by Norman E. Himes and Donald L. Taylor. Pp. 384, price $5.50 from Rhinehart & Co., 232 Madison ave., New York 16, N.Y., 1955.

In 1940 the late Dr. Himes published a popular book under this title. It has now been completely revised by sociologist Taylor (Salt Lake City Board of Education), who added nine chapters and reorganized others. One-third of the book is devoted to finding a mate, the remainder to marriage day by day including unusually thorough treatment of economic problems. Such chapters as "Shall we adopt a child?" and "Should divorce be considered?" indicate the breadth of treatment. The discussion of sexual adjustment is frank, that of contraception perhaps necessarily vague.

•

BEING NICE IS LOTS OF FUN, by Jane K. Lansing. Pp. 63, price $2.50 from Hart Pub. Co., 670 Fifth ave., New York 19, N.Y., 1955.

Good manners taught to small children by rhymes and illustrations which chronicle the doings of such characters as Messie Bessie, Friendly Freddie, Cyril the Slowpoke, and Gentleman Johnnie.

•

TIME FOR LIVING, by George Soule. Pp. 184, price $3 from the Viking Press, 18 E. 48th st., New York 17, N.Y., 1955.

By the year 2035 the head of the average American family will have an income of $25,000 a year and will work only 24 hours a week, says this well-known economist. This will be the result of technological progress and a planned economy which he envisions. Each reader can decide for himself whether he thinks this will be the situation in 2035 and whether he would enjoy it if it did come to pass and he were there at that time.

•

YOUR REWARDING YEARS, by Mrs. Clarence H. Hamilton. Pp. 219 (no index), price $2.75 from the Bobbs-Merrill Co., 724 N. Meridian st., Indianapolis 7, Ind., 1955.

We are older than we think, Mrs. Hamilton asserts (contradicting many other writers who have asserted just the opposite.) She invites us to consider with her just how we shall find the greatest meaning, purpose, and hapiness, from the middle years on; with a final chapter in which she demands that we think about death. Mrs. Hamilton and her husband have raised four children, and she has written two previous books with a strong religious atmosphere, like this one. She is realistic, illustrates her chapters with many examples and thumbnail case histories, and should prove a useful guide to many readers.

•

HOW YOU LOOK AND DRESS, by Byrta Carson. Pp. 398, price $3.75 from Whittlesey House, McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y. 1955.

New revised edition of a popular high school text first published in 1949. It is richly illustrated, including 16 color plates. Miss Carson teaches homemaking at Sidney Lanier H. S., San Antonio, Texas.

•

UNDERSTANDING PEOPLE IN DISTRESS, by Barney Katz and Louis P. Thorpe. Pp. 351, price $4 from the Ro-

nald Press Co., 15 E. 26th st., New York 10, N.Y., 1955.

Dr. Katz, a clinical psychologist in Los Angeles, and Dr. Thorpe, professor of education and psychology at the University of Southern California, discuss emotional and mental disorders, their cause and cure, in a comprehensive and popular way. While the preface is dated July, 1955, there is no mention of reserpine and other drugs which are changing the whole picture of treatment. They follow conventional classifications too closely, thus they have room for necrophilia but not for premature ejaculation, which is at least 100,000 times as common. Their ethical criteria may confuse some young people: thus they say that "abnormal behavior is that which causes some harm either to society or to the individual himself" but after listing such things as promiscuity and homosexuality they assert that "The 'right' or 'wrong' of any of these practices can be judged only from the point of view of the culture in which they take place." They may be right on this side of the river, wrong on the other side. This kind of moral relativism needs to be defined more carefully if it is not to do harm. To mention only one point of view, a practice can hardly be considered "right" if its spread would lead to the extermination of the people who practice it. The authors (each of whom has produced several other books) give a good list of references for popular reading, and lay stress on the need for psychotherapy for persons who are unable to cure themselves by such study. Their general orientiation is psychoanalytical to any extent which some will think unwarranted.

•

EDUCATION — THE LOST DIMENSION, by W. R. Niblett. Pp. 150, price $2.50 from William Sloane Associates, 425 Fourth ave., New York 16, N.Y., 1955.

Many people throughout the West assume that the real business of living is the achievement of prosperity and "happiness," says Professor Niblett. That assumption can not be true — it leaves out a whole dimension of human experience. In this thoughtful, idealistic, and persuasive book (first published in England last year) he argues for the need of something a great deal deeper, namely a sense of purpose and direction, and he exalts the teaching profession as the source from which this other dimension should come. The book should interest every thoughtful parent and teacher.

•

THE TECHNIQUE OF PSYCHOTHERAPY, by Lewis R. Wolberg. Pp. 869, price $14.75 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1955.

The literature of psychotherapy is largely devoted to the discussion of principles, dogmas, and diagnoses. Few authors attempt to tell the reader just how to treat a patient. Psychiatrist Wolberg, in this weighty volume, goes farther than any other writer in explaining techniques down to the least detail—the furniture of the office, for instance, or what the therapist shall say if the patient asks, "Are you married?" He includes many brief sections of cases verbatim, and one more complete occupying nearly a hundred pages. He lists more than 500 books, enumerates more than 30 different types of technique, and considers more summarily the therapy that can be done by teacher, nurse, social worker, minister, and others. Readers should bear in mind that the actual success of psychotherapists is rather small and that their success is a function of their personality and ex-

perience, not of the precise methods they use. In other words, there is nothing sacred about most of the non-medical procedures described in a book like this, and many of them may be used by the "layman" even more successfully than by some of the psychiatrically-trained psychotherapists. Allowance should be made, therefore, for the author's bias in favor of medical training. With such allowance, most "laymen" interested in the subject will agree that Dr. Wolberg's treatise is by far the best thing in the field.

•

MR. DESPONDENCY'S DAUGHTER, by Anne Parrish. Pp. 291 from Harper and Brothers, 49 East 33d street, New York 16, N.Y., 1938.

A novel which should be of value to a client dominated by his or her mother, and especially to a woman who is herself such a mother. It is written in the first person as a journal by a woman whose son has shown such psychotic symptoms that she has been persuaded to consult a psychiatrist. When the physician indicates that the young man's real need is freedom from his mother, and advises her to take stock of herself, she proceeds to review her past life, as objectively and honestly as possible. Little by little she realizes the damage she has done to all the members of her family save the youngest son, who died. It is interesting and easy reading, and gets its message across more effectively than any amount of exposition would be able to accomplish.—*Sue Kimmell.*

•

AMERICAN SOCIETY, by Luke Ebersole. Pp. 510, price $5.50 from McGraw-Hill Book Co., 300 W. 42d st., New York 36, N.Y., 1955.

College text for introductory courses in sociology or of social science. The author is at the University of Tennessee. "Family institutions" occupy 27 pages.

•

FAMILY LIVING, by Evelyn Millis Duvall. Pp. 410, price $3.40 from Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1955.

Revised edition of a popular book first published five years ago, and used as a text in many high schools.

•

PSYCHOLOGY FOR LIFE, by Harry Ruja. Pp. 427, price $4.76 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1955.

Introductory college textbook. Professor Ruja (San Diego, Calif., State College) does not offer a treatment of applied psychology, and he has omitted considerable material often presented, in order to deal more fully with learning and remembering, vocational choice and intelligence, thinking and perceiving, personality and motivation, and emotions and mental health. The book is unusually interesting and attractive.

•

AN ABC FOR MOTHERS, by Charlotte Heimann and Betsy Pearson. Pp. 107, price $1.95 from Simon and Schuster, 630 Fifth ave., Rockefeller Center, New York 20, N.Y., 1955.

Taken from the "Mother's Helper" column of the N.Y. Herald Tribune Syndicate, this is a collection of "over 200 ingenious, practical, and simple tips for busy mothers." It is one of the best of its kind, and any family would welcome a copy of it.

•

LE COUPLE DEVANT L'AMOUR, by Marcel Baudry. Pp. 223 (paper covers, no index), from Editions de la Pensee Moderne, 8, ave. Fremiet, Paris, France, 1954.

Well-intentioned but amateurish guide

to the Art of Love by a pharmacist who makes much use of herb decoctions.

•

QUESTIONS OLDER PEOPLE ASK, by Henriette Kish. Pp. 156, price $2.50 from E. P. Dutton, 300 Fourth ave., New York 10, N.Y., 1955.

One of the best of the many recent books for Senior Citizens. Miss Kish covers nearly all the subjects of special interest to persons over the age of 40, and adds a good bibliography.

•

FEEDING YOUR BABY AND CHILD, by Benjamin Spock and Miriam E. Lowenberg. Pp. 226, price $3.75 from Little, Brown & Co., in association with Duell, Sloan & Pearce, 34 Beacon st., Boston 6, Mass., 1955.

General discussion and detailed recipes share the space in this comprehensive book. Talking to young mothers, it seems hard for even the best writers to avoid "talking down" to them; and many points in diet are controversial; but any mother will find much help here.

•

THE EARLY YEARS OF CHILDHOOD, by Catherine Stern and Toni S. Gould. Pp. 203, price $3.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.

"Education through insight" is the goal of these authors. It is not a new one —it was described pretty well more than a century ago by a young bachelor, Herbert Spencer, in what was really an epoch-making book on *Education*. Parents are told that they "can become skillful in thoughtful planning of an indirect approach which leads the child step by step to adopt a course which not only is desirable in adult judgment but seems natural and fitting to the child." Unfortunately, the top sergeant may not be so skilful in "manipulating the environment" for Junior's benefit, when Junior is drafted 15 years hence. But Dr. Stern (a teacher) and her daughter, Mrs. Gould, provide plenty of helpful suggestions for harassed fathers and mothers.

•

THE FEARS MEN LIVE BY, by Selma Hirsh. Pp. 164, price $2.75 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1955.

Readable discussion of race prejudices and some related topics. The author was for many years Executive Assistant to the head of the American Jewish Committee, which sponsored the *Studies in Prejudice* on which this book is largely based.

•

THE INTERPRETATION OF NATURE AND THE PSYCHE, by C. G. Jung and W. Pauli. Pp. 248, price $3 from Pantheon Books, 333 Sixth ave., New York 14, N.Y., 1955.

This is listed as Vol. 51 of the remarkable Bollingen Series. Dr. Jung writes of "Synchronicity: an acausal connecting principle" and among other things describes an extensive but inconclusive study of the horoscopes of 300 married couples. Physicist Pauli (Noble prize winner, 1945) takes up "the influence of archetypal ideas on the scientific theories of Kepler." It is one of the less satisfactory volumes in the series, except to "Jung fans," but a beautiful production physically.

•

YOU AND YOUR CHILD, by Winifred de Kok. Pp. 147, price $3.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1955.

Sensible little book published in England; Dr. de Kok has had charge of several child guidance clinics and welfare centers.

FOR THOSE WHO DEAL WITH YOUNG PEOPLE

The American Institute of Family Relations offers pamphlets and booklets that will help you to answer the questions young people ask, frankly, convincingly, and in the light of modern science. Here are a few selections from the list:

201. Home Study Course in social hygiene guidance and sex education; six lessons in pamphlet form by Roy E. Dickerson with nine additional pamphlets by Paul Popenoe and diagrams of male and female reproductive organs with explanatory text by Robert L. Dickinson. Send for detailed prospectus of this unique course, invaluable not merely to parents but to teachers, executives of youth organizations, clergymen and others who are called on to deal with modern youth. Total cost only.....$2.00

Simple, popularly written pamphlets to be put in the hands of adolescents:

4. How do you know it's love?
5. Four reasons why girls pet.
26. How do you know you're in love?
28. Are virgins out of date?
204. Why aren't boys told these things?
304. Your inferiority complex.

Any of the above sent for, each.....10c

An unusual pamphlet for young men in senior high school, in the army, or in industry; equally valuable to their sisters,—a practical discussion of the problems of growing up emotionally, of the place of sex in life before marriage, and of the biological basis of ethical standards:

23. Building sex into your life.....25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 Sunset Boulevard Los Angeles 27, Calif.

THE AMERICAN INSTITUTE
OF FAMILY RELATIONS
5287 Sunset Boulevard
Los Angeles 27, Calif.

(Return Postage Guaranteed)

Sec. 34.66 P. L. & R.
U. S. POSTAGE
PAID
Los Angeles, Calif.
Permit No. 12538

The Library
San Francisco Theological Seminary
San Anselmo, Calif.

The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy 25c

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

Write for Full List of Publications to

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 SUNSET BOULEVARD -:- LOS ANGELES 27, CALIFORNIA